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NUTRITION AND WIC SERVICES



Breastfeeding E-News

Kansas Breastfeeding Initiation—Kansas Birth Certificate Data 2011-2013

Percent of Live Births by Initiation of Breastfeeding* by County of Residence Kansas, 2011-2013

Cheyenr 90.7	Cheyenne Rawlin 90.7 85.7		Decatur 83.2	Norton 86.2	Phillips 87.8	Smith 76.8	Jewell 87.0	Republic 86.6	Washingto 82.6	on Marsh 79.4		76.4	Doniphar 66.3	Z.
		87.9	Sheridan 80.5	Graham 79.5	Rooks Osborne 82.2 83.2		Mitchell 80.0	83.2 Ottawa	Clay 81.0	85.4	87.5	okson 62.7 B3.2 Jefferson Leaver-worth 82.4 Wy		th Wyantiot
Wallace 88.5	Log 84	- 1	Gove 90.4	Trego 88.1	EIIIs 83.5	Russell 73.9	74.0 Ellsworth	84.3 Saline 78.5	Dickinson 79.8	1 (Wabaunsee 86.8 Lyon	77.3 Osage	Douglas 86.7	Johnson 90.3
Greeley 81.0	Wichita 87.2	Scott 84.8	Lane 84.4	Ness 81.0	Rush 72.9 Pawnee	Barton 78.0	78.7 Rice 82.7	McPherson 82.9	Marion 88.3	Chase	82.2	75.8 Coffey 79.6	74.1 Anderson 71.8	82.4 Linn 84.7
Hamilton 87.6	Kearny 82.1		3.1 Gray	Hodgeman 87.1 Ford	79.5 Edwards 80.8	Stafford 89.6	Reno 77.9	Harve 88.	.6 E	Butler 83.5	Greenwood 77.4	Woodson 80.5	Allen 67.9	Bourbon 89.4
Stanton 84.4	Grant 74.0	Haskell 86.3	80.7 Meade	69.9 Clark	Klowa 95.4	Pratt 82.7 Barber	Kingman 80.8	82 Sumn		Cowley	Eik 78.9	Wilson 70.6	Neosho 68.2	Crawford 68.9
Morton 74.4	Stevens 79.9	Seward 74.7	73.9	71.8	Comanche 86.7	78.6	Harper 84.8	78.3	3	72.6	Chautauqua 85.7	Montgomery 66.2	66.7	Cherokee 65.6

Percent 62.7 - 74.7 74.8 - 81.8 81.9 - 95.4

Kansas = 81.8% Healthy People 2020 Target = 81.9%

Kansas Breastfeeding Map developed by Jamie Kim, MPH, KDHE Epidemiologist

Kansas breastfeeding initiation rates vary by county—how is your county doing? Overall Kansas initiation has almost reached the Healthy People 2020 target of an 81.9 percent initiation rate. While initiation rates are good, many families stop breastfeeding in the first few weeks after delivery. The most current data for exclusive breastfeeding at six months for Kansas shows an 11.4 percent duration rate. The Healthy People 2020 goal is 25.5 percent. Babies who are breastfeed exclusively for six months receive the most benefits from breastfeeding as do their mothers. Preventative health through exclusive breastfeeding can save healthcare dollars through reduction in acute illnesses and chronic disease.

^{*}Missing/unknown breastfeeding status and infants that died shortly after birth were excluded.

Source: Birth Certificate Data, Bureau of Epidemiology and Public Health Informatics, Kansas Department of Health and Environment

Long Term Effects of Breastfeeding—A Systematic Review

The World Health Organization commissioned a review and meta-analysis on the long-term consequences of breastfeeding on overweight and obesity, blood pressure, diabetes and intelligence looking at research since 2007. Many studies show that breastfeeding substantially lowers the risk of death from infectious diseases in the first two years of life. This report's purpose was to look at the long-term effects of breastfeeding. Here is a brief summation of the findings. For more information about methods, results and conclusions read the report at www.who.int.

The analysis found that breastfeeding is associated with about a 10 percent reduction in overweight and obesity and provides a small protective effect on systolic blood pressure through young adulthood. There were no results showing a long-term effect of breastfeeding on blood lipids in adults. Evidence suggests that there is a protective effect against type-2 diabetes, particularly among adolescents. Breastfeeding was also associated with increased performance on intelligence tests in childhood and adolescence of three and one-half points on average. Maternal IQ is an important confounder, but it accounts for only part of this association—even among those studies that adjusted for maternal intelligence, breastfeeding was associated with an additional two and one-fifth IQ points increase. One Brazilian study suggests that breastfeeding is associated with achieved schooling in adolescents. The meta-analyses suggests that benefits are larger for children and adolescents suggesting a gradual decrease of effect over time.

In the News

Dr. Todd Wolynn, the Chief Executive Officer of the National Breastfeeding Center, was
a featured speaker at the Kansas Health Summit on Breastfeeding in September 2014.
Dr. Wolynn presents around the country about the importance of breastfeeding often
using his own drawings including stick figures. Read his article Breastfeeding—So Easy
Even a Doctor Can Support It and view him presenting at Leadership Pittsburgh. PA.



- A review of forty-one publications looked at <u>Alcohol and Breastfeeding</u> in <u>Basic and Clinical Pharmacology and Toxicology</u>. Alcohol should never be used by women during pregnancy and these authors conclude that the effects of long-term exposure to alcohol remains unknown but that occasional drinking while breastfeeding has not been convincingly shown to adversely affect nursing infants. In conclusion the review states that special precautions for lactating women are not necessary although lactating women should follow standard recommendations on alcohol consumption—no more than one U.S. standard drink daily. The National Institute of Health defines one U.S. standard drink as one twelve-ounce beer or cooler, one five-ounce glass of wine, and one and one-half ounce of eighty-proof hard liquor in a mixed drink. Find more information for mothers here. (article titled Everyone Drink Up at www.slate.com)
- Research continues on the effect of breastfeeding on infant and adult health. One
 interesting study titled <u>Breastfeeding Duration and Weight Gain Trajectory in Infancy</u>
 from Cornell University suggests that infants at the highest risk for excess weight gain
 appear to benefit the most from longer breastfeeding duration. The study shows that
 "Infants who breastfed for two months or less were two and one-half times more
 likely to add weight rapidly, compared to similarly high risk children who breastfed
 longer."
- Womenshealth.gov provides resources for working mothers who are breastfeeding.





Thought for the Day

"Breastfeeding is the normal way of providing young infants with the nutrients they need for healthy growth and

development. Virtually all mothers can breastfeed, provided they have accurate information, and the support of their family, the health care system and society at large." World Health Organization

